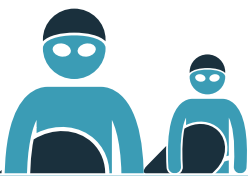


7 WAYS TO KEEP YOUNG CHILDREN SAFE IN SUMMER



1 SUPERVISION

Young children need constant supervision around water as they can drown in less than 2 inches (6 centimetres) of water.



2 SWIMMING LESSONS

It's never too early to teach your children how to swim.

3 LIFE JACKETS/ LIFE VESTS

Invest in proper fitting, age appropriate, coast guard approved flotation devices (life jackets/life vests) and use them whenever your children are near water.

4 FENCE IN YOUR POOL

Having a fence between the water and your house will help prevent pool related drownings.



5 SKIN PROTECTION

Teach your children to be Sunsmart. reapply sunscreen frequently, especially if the children are getting wet. Wear UV sunglasses, sunhats, and protective clothing. Keep in the shade, especially when the sun is at its strongest.

6 STAY HYDRATED

Babies and young children need to drink plenty of fluids to avoid becoming dehydrated. Diluted fruit juice, ice, fruit and salads can help to hydrate. Watch out for the signs of dehydration, which include dizziness, decrease in urination, nausea and more.



7 KEEPING COOL

Keep your children cool and safe during hot weather by: Playing in a shaded paddling pool. Run a cool bath before bedtime. Keep your child's bedroom cool during the day by closing blinds or curtains and using a fan. Keep nightwear and bedclothes to a minimum. Monitor the temperature of your baby's room. Your baby will sleep most comfortably when their room is between 16C (61F) and 20C (68F).

For more information visit

<https://lets-get.com/starting-well/summer-safety/>

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Metropolitan Borough Council

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